

# GREEN LAKE



## COMMUNITY CENTER

*Fall 2004*

7201 E Green Lake Drive N  
Seattle, WA 98115-5301  
206-684-0780  
or, visit us on the web at  
[www.seattle.gov/parks](http://www.seattle.gov/parks)

### Contents

General Information .....	2
Special Events .....	4
Toddler/Preschool .....	5
Kids .....	6
Youth/Teen Athletics .....	7
Teens .....	8
Adults .....	10
All Ages .....	14
Senior Adults .....	17
Community Info .....	17

### Walk-in Registration Begins

**Wednesday, September 1**

### Holiday Closures

**September 6, Labor Day**

**November 11, Veterans' Day**

**November 25 & 26, Thanksgiving**

**December 24 & 25, Christmas**

**December 31, New Year's Eve**

## Green Lake Community Center

7201 E Green Lake Dr N  
Seattle, WA 98115-5301  
Phone: 206-684-0780 Fax 206-684-0881  
Visit us online at [www.seattle.gov/parks!](http://www.seattle.gov/parks!)

### Hours of operation

Monday through Friday 10 a.m. to 9 p.m.  
Saturday 10 a.m. to 5 p.m.  
Sunday Noon to 4 p.m.

### Holiday closures

September 6, Labor Day  
November 11, Veterans' Day  
November 24 & 25, Thanksgiving Holiday  
December 24 & 25, Christmas Holiday  
December 31 & January 1, New Year's Holiday

### Program registration

Walk-in registration begins September 1, 2004

### Program dates

September 7 – December 31

### Directions

The Community Center and Pool are located on E Green Lake Dr N at NE 72nd St.

### Heading North on I-5:

- Take the 65th St./ Ravenna Blvd. exit
- Turn left on 65th St. heading west
- Bear right on NE Ravenna Blvd. heading northwest for .3 miles
- Bear right on E. Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

### Heading South on I-5:

- Take the NE 70th St. exit
- Turn right onto NE 70th St.
- Continue on NE 70th St. heading west until you reach Green Lake Dr. N.
- Turn right onto Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

### You can make a difference!

The Green Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Green Lake's Advisory Council is always looking for new members. Meetings are held on the third Tuesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Green Lake Advisory Council members also create

scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

### Management Staff

Ken Bounds ..... Superintendent  
Christopher Williams ..... Recreation Director  
Kathy Huus ..... North Division Manager  
Kathy Whitman ..... Aquatic Manager

### Center Staff

Jeff Skinner, Recreation Coordinator  
Barb Drake, Asst. Recreation Coordinator  
Monica Wort, Teen Development Leader  
Stacie Sheridan, Senior Adult Programmer  
Jasen Thomas, Recreation Attendant  
Kalindi Gutierrez, Recreation Attendant  
Una Mulligan, Building Maintenance (AM)  
Mike Chapman, Building Maintenance (PM)  
Ryan Manning, Week-end Supervisor

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

### E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

### Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

### Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

### Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status,

sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

### Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

### Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

### Rentals

Meeting Room #1, Meeting Room #3 with kitchen, and the Gym are available for rental on an availability basis. Rates are reasonable, so schedule your next birthday party, wedding reception, and potluck event with us. For more information, please call 206-684-0780.

### More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

### Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

### Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and

Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

### Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

### Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

### Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



## Special Events

### Haunted Pumpkin Flashlight Hunt

**Free**

Come fill your pumpkins full of prizes and goodies. Children will be separated into four age groups: 4 to 6 years; 7 to 9 years; 10 to 12 years, and teens. Please meet in the Gym @ 6:15, the flashlight hunt will begin at 6:30 p.m. sharp. Come rain or shine. This is an outdoor event, so dress according to weather.

**Age: 4 to 15**

**6:30 – 7:30 p.m.**

**Fri, Oct 29**



### Community Open House

**Free**

Come learn about Green Lake Community Center! On Sept. 17, from 6 to 8 p.m., community centers and pools citywide will hold a Community Open House. Meet staff members, take facility tours, ask questions, and sign up (late registration) for fall classes and programs. Light refreshments will be served. Please call 206-684-0780 for more information.

**6 – 8 p.m. Fri, Sep 17**

**Fees: Free!**

### Pathway of Lights

**Free**

Join your friends, neighbors, and relatives and start your holiday season with a beautiful evening walk around Green Lake. More than 4500 luminaries will be placed around the path and groups will sing carols and perform holiday music at points around the lake. This is a great way to get into the holiday spirit.

**Sat, Dec 11**

### Volunteer Opportunity

**We are currently seeking volunteers for this event:** This is a great way for your church, scouting association, neighborhood, or school group to come together and get involved. We need groups to help set up and participate in the candle lighting and clean up after the event is over. We are also looking for musical groups that are interested in performing for this special event. If you are interested please call the Green Lake Community Center at 206-684-0780.

## Help Wanted

### Martial Arts Instructor

Green Lake Community Centers is presently seeking a qualified Tae Kwon Do Instructor (or other high-profile martial arts instructor) to replace our present Tae Kwon Do class. You will be replacing a long-standing Tae Kwon Do program that is presently meeting on Tuesdays and Thursday from 4 to 6 p.m. We presently offer a beginning and an intermediate/advanced class.

### Capoeira Instructor

Green Lake Community Center is looking for a Capoeira Instructor to provide a class on Saturday mornings or weekday afternoons. This is an excellent opportunity to develop a new program! If you are interested please bring a class proposal to Marlan Teeters at the Green Lake Community Center.

### Fitness Instructor

Green Lake Community Center is looking for a Fitness Instructor to provide a class on Monday, Wednesday and Friday mornings. This is an excellent opportunity to develop a new program! **Childcare is provided.** If you are interested please bring a class proposal to Marlan Teeters at the Green Lake Community Center.



# Toddler/Preschool Activities

## Babysitting \$5/hr (per child)

Drop off your child while you run the lake, participate in exercise classes or just need some time to yourself. Registration and payment must be made in advance. Please do so by stopping by or calling the Green Lake Community Center at 206-684-0780.

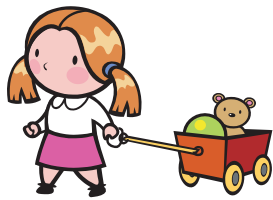
**Instructor:** Nadia Bekker

**Age:** 6 months to 5 years

**MWF 9:30 a.m. – 1:30 p.m. Sep 1 – Dec 31**

**Location:** Play Center

## Toddler Play Center



It's **fun time** every day in the Children's Play Center. There are many toys for children including climbing frames, see-saws, learn-to-walk bikes,

playhouses, blocks, cars, trucks, dolls, and buggies. What a great way for your child to learn and socialize with other children. New toys are added each year. **Parental supervision required. Please use upstairs lobby area to eat your snacks.**

**Age:** 5 and Under

**Mon – Fri 10 a.m. – 8:30 p.m.**

**Saturdays 10 a.m. – 4:30 p.m.**

**Sundays Noon – 3:30 p.m.**

**\*Fees:** Drop-in \$2 per child; Annual Pass \$50

## Preschool Pottery \$55

Pottery is an exciting and creative art experience for kids. This class is designed to give kids some basic skills in building objects out of clay using pinch, coil, and slab construction. We do many fun projects such as masks, bowls, and animal cups while experimenting with textures, glazes, and more. Each new quarter brings new and exciting projects, so both new and continuing students are welcome. Min 4/Max 8

**Instructor:** Elizabeth Blaufuss

**Age:** 3 to 5

**Mondays 11 – 11:45 a.m. Oct 25 – Nov 15**

**Location:** Pottery Room

## Preschool Play and Learn

Your children will have fun socializing with friends, playing, and learning in a child-centered environment. Activities will include arts and crafts, imaginative play, construction, large and small muscle development, coordination, music, and movement. There will be an orientation for parents wishing to continue the problem-solving approach to behavior and learning with their children at home. For more information about the Play and Learn Preschool, please call Eleanor at 206-789-7643. This class is year-round with no breaks. Parents provide snack. **\$25 deposit for new students.**

**Instructor:** Eleanor Reynolds

**3- and 4-Yr-Olds TTh 9:30 a.m. – Noon**

No class: Nov. 11 and Nov. 25.

**Fees:** \$112 Monthly

**4- and 5-Yr-Olds MWF 9:30 a.m. – Noon**

No Class Sept 6, Nov. 26, Dec. 24.

**Fees:** \$139.50 Monthly

## Little Champs Basketball \$50

Little Champs basketball series gives little athletes a chance to learn the basic fundamentals of passing, dribbling, and shooting as well as physical fitness and teamwork. Basically a whole lot of FUN! Min 4/Max 10



**Instructor:** Jasen Thomas

**Saturdays 10 – 11 a.m. Oct 2 – Oct 20**

**Location:** GYM

## Little Soccer Stars \$45.50



This is a fun instructional soccer program using age-appropriate activities and games designed to develop individual ball-handling skills and technique.

**Instructor:** Classes are taught by the nationally licensed Director/Head Coach Beatrice Ryan of the Soccerville Academy. Min 6/Max 15

**Age:** 3 to 5

**Thursdays 2:30 – 3:15 p.m. Oct 7 – Nov 4**

## Kids

### Pottery



#### Clay Play (Ages 5–7) \$75

Come join the fun! Squeeze, pinch, roll, slop, and poke clay into funky critters, dinosaurs, lizards, turtles and other creative things. Lots of hands-on instruction will be given to help budding young artists

explore the fabulous medium of clay.

**Instructor:** Faye Baker

**Age:** 5 to 7 years old

**Mondays** 4 – 5 p.m. Oct 18 – Dec 6

#### Pots Galore (Ages 8–12) \$75

This pottery class focuses a lot on technique, teaching young people how to really make POTS. Mostly hand-building will be explored but students will also get the chance to try out the potter's wheel.

**Instructor:** Faye Baker

**Age:** 8 to 12 years old

**Mondays** 5:15 – 6:15 p.m. Oct 18 – Dec 6

#### Family Ceramics \$105

This is a very special class where families can work together on projects made with clay. Lots of samples and demonstrations will be provided as well as hands on instruction. Some possible projects are clay pizza, rooms with a view, dinosaurs, and a chance to experience the potter's wheel! Come ready to get messy and of course be creative. Min. 4 pairs/Max 7 pairs

**Age:** 2½ to 12 years old

**Mondays** 6:30 – 7:15 p.m. Oct 18 – Dec 6

### Martial Arts

#### Tae Kwon Do \$50/month

Tae Kwon Do is a Korean Martial Art which teaches self defense while nurturing mental discipline, self-confidence and self-control. Students are instructed in stances, kicking, striking, blocking, sparring and pre-arranged forms. Students in the Intermediate and Advanced classes will be required to provide their own sparring equipment.

**Instructor:** Stewart Hamilton

**Location:** Room 1

#### Beginning

**Age:** 5 + Open to any rank

**Tue, Thu** 4 – 4:45 p.m. Sep 1 – Dec 31

#### Intermediate/Advanced

Students in the Intermediate and Advanced classes will be required to provide their own sparring equipment.

**Age:** 7+ Open to orange belts & above

**Tue, Thu** 4:45 – 6 p.m. Sep 1 – Dec 31

#### Karate \$2 drop-in

The advanced principles of karate which include breathing control, energy generation, and self healing, in addition to take-downs, joint locks, break aways and other martial arts techniques. This class uses Goju-Ryu karate as a medium for developing these principles.

**Instructor:** Boyd & Carol Gittins

**Age:** 12+

**Saturdays**

**10 a.m. – Noon**

**Sep 4 – Dec 18**



## Youth/Teen Athletics

### Little Champs Basketball \$50

Little Champs basketball series gives little athletes a chance to learn the basic fundamentals of passing, dribbling, and shooting as well as physical fitness and teamwork. Basically a whole lot of FUN! Min 4/Max 10

**Instructor:** Jasen Thomas

**Saturdays** 10 – 11 a.m. Oct 2 – Nov 20

**Location:** GYM

### Little Soccer Stars \$45.50

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**Instructor:** Classes are taught by the nationally licensed Director/Head Coach Beatrice Ryan of the Soccerville Academy. Min 6/Max 20

**Ages 6 to 8**

**Thursdays** 4 – 5 p.m. Oct 7 – Nov 4

### Fall Youth Volleyball \$30

Girls ages 10–17 are encouraged to play volleyball for fun! Teams will be divided into the following age groups: 10–11, 12–13, and 14–17 years old (age as of 8/31/04). Practices will begin September 9, and league play will begin in November. Teams will play teams from other community centers in the city.

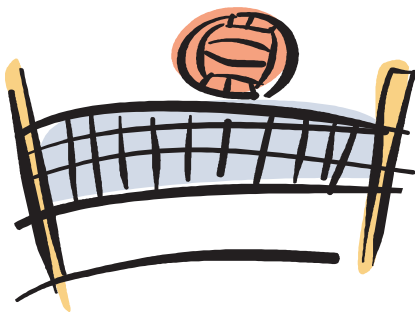
For more information please call Monica Wort, Teen Development Leader at Green Lake Community Center: 206-684-0780.

**Instructor:** Monica Wort and Deborah Shore

**Age:** 10 to 17 years old

**Tue, Thu** 3:30 – 5:30 p.m. Sep 9 – Nov 18

**Location:** Gym



### Youth Tennis Lessons \$90/mth

Instructor Craig Yahne is a member of the US Tennis Association and a professional tennis player. He won the Avanti Championship in the singles event in 2000 and was a finalist in the 2003 doubles. Craig also was a finalist in the Amy Yee Open Doubles Championship.

**Students need to provide their own tennis rackets and one can of new tennis balls.**

**Instructor:** Craig Yahne

**Age:** 9 to 17

#### Tennis for Beginners

Tennis for Beginners is for those who want to learn the game of tennis and those looking to brush up rusty skills.

**Mon, Wed** 4 – 5:30 p.m. Oct 4 – Oct 27

#### Tennis for Intermediate Level Players

Tennis for Intermediate Players is for those who want to raise their level of play and become more competitive on the tennis court.

**Tue, Thu** 6 – 7:30 p.m. Oct 5 – Oct 28

### Youth Basketball \$55

Come and participate in Green Lake Community Center's youth basketball leagues. This program focuses on providing a positive "team sport" experience while participants learn sportsmanship and basketball fundamentals. Boys and girls ages 10, 11, 12, 13, 14–15, and 16–17 (age as of September 1, 2004) are encouraged to play!

**Nov 1 – Mar 31, 2005**

#### Game Room

Ping Pong, Pool and Foosball tables are available for check out at the front desk. Each Table can be check out with a Washington or Student ID. The games are absolutely FREE to use.

**Open Daily** 1 – 8:30 p.m.

**Free!**

## Teens

### Burnt Water Cooking Class Free

Mmmm free food, yeah! Come and learn easy and yummy recipes that you can do a home. We will be covering appetizers, meals, and desserts. Bring a positive attitude and a empty stomach, and we will provide the rest. 10/Max, Pre-registration is required for this class.

If you have any additional questions regarding the Teen Program feel free to contact Monica Wort, Teen Development Leader @ 206-684-0780.

**Instructor: Monica Wort and Special Guest Cooks**

**Age: 11 to 18 years old, registration is required, Max 10**

**Mondays 3:30 – 5 p.m. Sep 20 – Dec 20**  
**No class Nov 22**

**Location: Room 3**

### Suitcases of Hope

Seattle's foster children often have no more than a plastic bag to carry their belongings. With your help we are hoping to change that by donating decorated suitcases to them. Please help us brighten an otherwise gloomy day for a Seattle child!

Youth, you can help by bringing your creative ideas to life decorating and personalizing a suitcase or two; adults, you can help begin the process by donating new or used luggage, art supplies, and your ingenuity.

Your efforts will not go unappreciated!

Pre-Registration required. Call Monica Wort at 206-684-0780

**Instructor:**  
**Monica Wort & Staff**

**Age: 11 – 19**

**Tuesdays**  
**3:30 p.m.-7 p.m.**  
**Sep 1 – Dec 31**

**Location: Teen Room**



### Green Lake Teen Council Free

The goal of the Teen Council is to involve youth in planning teen programs and activities for our community. The mission is to have youth implement their ideas and opinions through six core developmental assets: environmental education and stewardship; arts and culture; life skills and job readiness; social recreation; citizenship and leadership development; and sports and fitness. All time served on Teen Council will count toward service learning hours. We are looking for dedicated teens who want to get involved!

Come and be a part of the decision making process. We are looking for a few strong teens who want to be involved in planning programs here at Green Lake Community Center.

Perks for members of the Council:

- \* First to register for field trips (that *you* plan!)
- \* Service learning credits
- \* Leadership skills
- \* Special field trips for members only
- \* Résumé-builder for those looking for jobs or applying to college

**Council meetings are the second and fourth Mondays of the month**

### Fall Meeting Dates

<b>September 13</b>	<b>November 8</b>
<b>September 27</b>	<b>November 22</b>
<b>October 11</b>	<b>December 13</b>
<b>October 25</b>	<b>December 27</b>

**If you are interested please call Monica Wort @ Green Lake CC: 206-684-0780.**

**Instructor: Monica Wort**

**Age: 11 to 18 years old**

**Mondays 5:15 – 7 p.m. Sep 1 – Dec 31**

**Location: Teen Room**



## Teens

### Teen Night

### Free

Every Friday we have **free** activities for teens 11 – 18 years old. You don't have to be a part of the Teen Program to come!

6:00 – 8:45 p.m.

Open Gym

8:00 – 9:00 p.m.

Free Swim

The Friday Night Teen Program is now in session! We still have the free teen swim from 8 – 9 p.m.

Fridays

6 – 9 p.m.

Location: Green Lake Community Center



### Teen Swim

This Friday night recreational swim is set aside for teens only. They may enjoy the whole pool, diving board and slide under the supervision of our Lifeguards. (There are no lessons offered at this time). Additional structured teen programs and activities are scheduled at Green Lake Community Center. For more info on the teen programs, call Monica at 206-684-0780. **Open to teens 13 to 18. Must sign in at front desk. Groups of 8 or more must call to schedule.**

Fridays

8 – 9 p.m.

Ages: 13 to 18

Location: Evans Pool

### Need More Info?

If you have any questions regarding the Teen Program feel free to contact Monica Wort, Teen Development Leader @ 206-684-0780.

## Adults

### Gentle Yoga \$56 (8 weeks)

A class for people who want to get in shape using a non-aerobic workout: good for people recovering from an illness or injury, have mild lower back or shoulder problems or suffer from fatigue. The emphasis is on stretching, toning and developing good breathing habits. Class ends with healing visualizations and deep relaxation.

Everyone practices at his or her own level in a non-competitive atmosphere. Bring a PAD or large BLANKET, empty stomach and bare feet to class. Suitable for men and women 18 to 65. Min 6/ Max 12

**Instructor:** Margaret McAndrew

**Thursdays** 6:30 – 7:30 p.m. Sep 9 – Oct 28

**Location:** Room 3

### Hatha Yoga

The regular practice of Hatha Yoga postures (asanas) along with breath awareness, results in increased vitality, flexibility, and good muscle tone while stimulating the circulatory, respiratory, endocrine and immune systems. Class ends with deep relaxation or visualizations to reduce stress and nurture a peaceful mind.

Open to beginners and persons with a working knowledge of the basics. Bring a BLANKET or PAD, bare feet, and an empty stomach to class. Suitable for men and women ages 18 to 65. This class is not appropriate for women during pregnancy (see Prenatal Yoga). Min 6/Max 15 each session.

**Age:** 18+

**Location:** Room 3

### Morning Session 1 \$56 (8 wks)

**Tuesdays** 10 – 11 a.m. Sep 7 – Oct 26

### Morning Session 2 \$42

**Tuesdays** 10 – 11 a.m. Nov 2 – Dec 7

### Evening Session 1 \$62

**Thursdays** 7:30 – 8:45 p.m. Sep 9 – Oct 28

### Evening Session 2 \$62 (8 wks)

**Thursdays** 7:30 – 8:45 p.m. Nov 4 – Dec 9

### Prenatal Yoga \$62 (8 weeks)

A prenatal program for women during the second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga exercises, breathing, visualizations and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive outlook. **Bring a blanket and two pillows to class. Medical authorization required.** Min 4/Max 14

**Mondays** 10 – 11:15 a.m. Sep 20 – Nov 8

### Yoga for Those Not Feeling So Young Anymore \$24

Over 65 and feeling stiff, creaky, easily winded or have difficulty getting down for floor poses? This class is designed to meet your needs. Warming up is followed by modified poses (asanas) or done with the aid of a chair. Yoga breathing will increase lung capacity and raise your energy level. Class ends with visualizations and deep relaxation to reduce the stresses and strains of everyday life. Min 6/Max 12

**Instructor:** Margaret McAndrew

**Age:** 65+

**Wednesdays** 10 – 11 a.m. Oct 6 – Sep 27

**Location:** Room #3

### Green Lake Facility Rentals

Rent Green Lake Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Green Lake Community Center Staff at 206-684-0780 for cost and availability. If Green Lake Community Center doesn't suit your needs, visit the Seattle Parks and Recreation website at [www.seattle.gov/parks/reservations/Facrentalguide.htm](http://www.seattle.gov/parks/reservations/Facrentalguide.htm). There are over 20 great locations that can be rented throughout the Parks Department.

## Adults

### Tai Chi

**Free**

Tai Chi is a form of Chinese exercise which uses slow, soft and circular movements to harmonize body and mind. It is often described as "a moving meditation" and a way to achieve health and tranquility. Tai Chi is excellent for balance, relaxation and concentration. Wear loose comfortable clothing.

**Instructor: Jim Guidon**

**Age: 18+**

**Tuesdays 7 – 8 p.m. Sep 7 – Dec 28**

**Location: Game Room or outdoor near Lake-shore, weather permitting**

### Pilates

Pilates is a work out designed to strengthen the body's core muscles. Through exercises that are accessible to all fitness levels, this class is structured to improve the control and tone of the muscles that are at the center of all movement.

Bring a Pilates mat, water, and a positive attitude.

**Instructor: Rickey Klein**

**Age: 18 and older**

**Mon, Wed 6 – 7 p.m.**

**Session 1 \$30/\$8 drop-in**  
**September 20 – September 29**

**Session 2 \$60/\$8 drop-in**  
**October 4 – October 27**

**Session 3 \$60/\$8 drop-in**  
**November 1 – November 24**

**Session 4 \$30/\$8 drop-in**  
**December 1 – December 13**

#### ★ New! ★ Babysitting Available!

Babysitting is available for ages 6 months to 5 years old from 9:30 a.m. to 1:30 p.m. Monday, Wednesday, and Friday. Call 206-684-0780 the day before to make reservations!

### Martial Arts

#### Hapkido

**\$37/\$50\***

Hapkido is a Korean martial art literally meaning the "way of harmonious energy." Students will be instructed in both offensive and defensive techniques which include kicks, punches, joint locks, throws, takedowns, pressure points, escapes, blocks, and stances, as well as learning how to fall, wrestle, and free spar. Beginners are welcome and can start at any time.

Gain control of your body and confidence in your ability to defend yourself through the practice of Hapkido. Min 4//Max 20

**Instructor: Bart Turner (1st Degree Black Belt)**

**Age: 18+**

**Mon – Thu 6 – 7:30 p.m. Sep 1 – Dec 30**

**\*Fees: 4 days per week \$50 per month**  
**2 days per week \$37 per month**

**Location: Room 1**

#### Karate

**\$2 drop-in**

This class teaches the advanced principles of karate which include breathing control, energy generation, and self healing, in addition to take-downs, joint locks, break aways and other martial techniques. This class uses Goju-Ryu karate as a medium for developing these principles.

**Instructor: Boyd & Carol Gittins**

**Age: 12+**

**Saturdays 10 a.m. – Noon Sep 4 – Dec 18**

#### Shorinji Kempo

**\$17/mth**

Shorinji Kempo is a martial art rooted in the life philosophy of Kongo Zen. It integrates 'hard' techniques (kicks, punches, blocks) and 'soft' techniques (break holds, locks, pins, throws), and applies pressure-point techniques to both therapy and self defense. Observers may drop in any time; new participants may start training on the first practice day of each month. Min 4/Max 20

**Instructor: Sadato Konoya**

**Age: 18+**

**Tue, Thu 7:30 – 9 p.m. Sep 2 – Dec 30**

## Adults

### Athletics

#### Adult Volleyball League \$200/team

Women's and Co-Rec Volleyball league starting up this Fall. Dates to be determined. Contact Marlan Teeters at 684-0780.

MTW

6 – 10 p.m.

#### Inline Skating \$80\*

Progressive skill lessons to *safely master the basics of inline skating*. Skills begin with International Inline Skating Association's Balance, Stance, Edging, Rotation, and Pressure Application and progress to Stride 1, Heel Stop, A-Frame Turn, and Grass Stop

Our "Inline Skating Safety First Curriculum" includes tips on nutrition, hydration, stretching, warm-up & cool down, and training in controlled descent, incremental skate balance building, incremental skate conditioning, and self heart rate Monitoring. You are provided with a *knowledgeable foundation upon which you can build a lifetime of healthy fun*.

**Rain or Shine:** Class indoors if it rains.

**Skate Checklist:** Bring water bottle, nutritious snacks, and an extra pair of socks in a light-weight backpack. **Wear** clean calf length socks, supportive walking shoes with foot-bed inserts. Sunblock and sunglasses optional. **Eat breakfast** or bring it with you!

**Liability waivers will be signed by all participants at start of first class.**

**Location:** All lessons meet at the north door of Gregg's Cycles, Skates, and Board Shop, 7007 Woodlawn Ave. NE at 10 a.m. sharp! We pick-up skates and protective gear, and walk across the street to Green Lake. Min4/Max8

\*80 fee includes 6 hours of instruction, skates, helmets, and all protective gear.

Saturdays, Sep 11 & 18 10 a.m. – 1 p.m.

or

Sat, Sep 25 & Sun, Sep 26 10 a.m. – 1 p.m.

### Inline Skating

\$20/session

Two-hour Monday night lessons focus on improving skate balance, edging technique, speed control on flats and hills and several techniques to **stop**. **Min 3/Max 8**

#### Required:

1. Participants need to have completed six hours of skating and have the ability to go, stop, and turn safely in at least one technique. (See our 6 hour Inline Skating Course if you need help with this requirement.)
2. Properly fitted skates helmet and protective gear for wrists, elbows, and knees. If you do not own your equipment, quality equipment can be rented or purchased at Gregg's Greenlake Cycles Skates Shop.
3. Liability waivers will be signed by all participants at start of lesson.

#### Recommended:

Tightly capped water bottle, nutritious snack, and a small backpack to carry your shoes as we go around the lake.

**Instructor:** IISA-Certified Inline Skate Instructor: Kathryn Humphrey

**Location:** Meet at Green Lake Community Cetner, outside near the back door (south entrance)

Session 1: Monday, Sept.13 6 –8 p.m.

Session 2: Monday, Sept.20 6 –8 p.m.

Session 3: Monday, Sept.27 6 –8 p.m.

#### Co-Rec Kickball League \$150/team

Green Lake is hosting a Kickball league!

**Remember P.E.?** Here is a chance to re-live those glory days, and send a big red ball into outer left field.

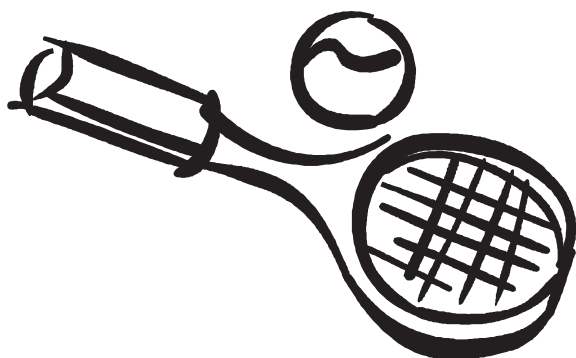
Please bring your team of ten or more, one less than half of each gender is required. Games will be self-officiated in a round-robin league and a bracketed playoff Championship.

**Age:** Adult

Sundays Noon – 5 p.m. Sep 19 – Nov 28



## Adults



### Adult Tennis Lessons \$90/mth

Instructor Craig Yahne is a member of the US Tennis Association and a professional tennis player. He won the Avanti Championship in the singles event in 2000 and was a finalist in the 2003 doubles. Craig also was a finalist in the Amy Yee Open Doubles Championship.

**Students need to provide their own tennis rackets and one can of new tennis balls.**

**Instructor: Craig Yahne**

**Age: 18+**

### Tennis for Beginners

Tennis for Beginners is for those who want to learn the game of tennis and those looking to brush up rusty skills.

**Mon, Wed 4 – 5:30 p.m. Oct 4 – Oct 27**

### Tennis for Intermediate Level Players

Tennis for Intermediate Players is for those who want to raise their level of play and become more competitive on the tennis court.

**Mon, Wed 5:30 – 7 p.m. Oct 5 – Oct 28**

### Free Shoot

Come shoot the “J” with your friends. The gymnasium at Green Lake is open for adults to come down and shoot some hoops.

### Fall Free Shoot Hours\*

**Monday, Wednesday, Friday 1 – 3 p.m.**

**Saturday 10 a.m. – 5 p.m.**

**Sunday 10 a.m. – 4 p.m.**

\*Free shoot hours subject to cancellation for special program scheduling.



### Pottery for Adults: Beginning \$165

Wheel- and hand-building techniques will be taught for the beginning students and those that wish to improve their basic pottery skills. Class fees include three hours per week of instruction by a professional potter, 25 lbs. of clay, kiln and glaze materials, and a pass card for the use of the studio during center hours when no other class is scheduled. (See Note\*). Min 8/Max 12

**Instructor: Elizabeth Blaufuss**

**Age: Ages:18+**

**Location: Pottery Studio**

#### Beginning Level 1

**Thursdays 6 – 9 p.m. Sep 23 – Dec 9**

No Class Nov. 11, 25.

#### Beginning Level 2

**Tuesdays 6 – 9 p.m. Sep 21 – Nov 30**

No Class Nov. 23

### Pottery for Adults: Intermediate \$170

Pre-requisite: Two Green Lake Community Center beginning pottery classes or the equivalent minimum skill level. Class will focus on improving one's skills in either wheel-throwing or hand-building, good structural design, aesthetics, and exploring the glazing process. Instruction and hands-on experience in loading the kiln will also be covered. Class fee includes three hours per week of instruction by a professional potter, 25lbs. of clay, kiln and glaze materials, and studio access during community center hours when no other class is in session. (See Note\*). Min 8/Max 12

**Wednesdays 6 – 9 p.m. Sep 22 – Dec 1**

No Class Nov. 24

**\*Notes: Pottery classes are not designed for production work. Enrollment closes after second class.**

## Adults & All Ages

### Family Activities

#### Family Adventure Camp: Rock Climbing **\$95**

Green Lake is hosting a number of adventure camps aimed at giving family members a opportunity to try exciting new sports together.

**Age: 10 and up**

#### Snowboard/Ski Family Camp

**Learn to snowboard or ski with your family!**

Here is a great opportunity to learn and enjoy the fun and exciting sport of snowboarding or skiing. Camp participants will meet at Green Lake Community Center; van boarding will begin at 6 p.m. At the mountain, campers will have the opportunity to rent equipment and purchase passes. Lessons will begin at 7:30 p.m.

**Age: 10 and up**

**Wednesdays 6 – 10:30 p.m. Jan 12 – Mar 9**

#### Basic Package

Includes lessons & travel **\$135**

#### Expanded Package

Includes lessons, travel, & rentals **\$235**

#### Everything Package

Includes lessons, travel, rentals, & passes

Adult price **\$415**

Youth price **\$375**

#### First Aid and CPR **\$52**

Update your First Aid and CPR certifications. This class meets WISHA and OSHA requirements. Call the American Red Cross at 206-323-2345 to register. **All classes meet Monday & Wednesday from 4:30 – 8:30 p.m.**

**Oct 11 & Oct 13**

**Nov 8 & 10**

**Dec 13 & 15**

**Location: Game Room**



### Nutrition Workshops

#### Fooling the Finicky Eater **\$7**

Many family "chefs" try to prepare meals that are healthful only to have their family stick their noses up to healthy foods such as, broccoli, carrots and beans. Here are some recommendations for how to sneak healthy foods into your family favorites. You will learn how to easily improve the fiber, antioxidant, vitamin, and mineral content in your recipes without sacrificing taste or family ties.

**Instructor: Marcelle Thurston MS, RD, CDE**

**7 – 8 p.m.**

**Wed, Nov 3**

#### Thinking Outside the Boxed Lunch **\$7**

Tired of the same old PB&J? If done properly, packed lunches are still considered the healthier alternative to take out. Learn how you and your youngster can pack a quick portable feast to satisfy the pickiest eater.

**7 – 8 p.m.**

**Wed, Oct 20**

**Location: Room #3**

## All Ages

### Table Tennis

**Fees: \$4 Drop-in; \$50 Membership**

### Saturday Nights

Time and space to practice your game with a partner.

**Saturdays**

**5 – 8:45 p.m.**

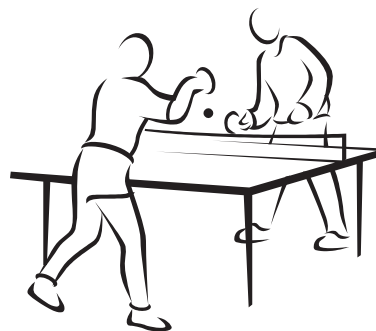
### Sunday Afternoons

Competitive table tennis in the gym. Ten tables

are available for all skill levels. Please pay the table tennis director each night.

**Sundays**

**4 – 8:45 p.m.**



## All Ages

### Drawing for the Beginner \$50

This introductory drawing class will teach you how to look at the world around you, and draw it the way YOU see it. Learn techniques to help you draw shapes, values, and textures the way nature displays them. Each class will explore different aspects of drawing. Participants should bring a drawing tablet and pencil to class. Min 4/Max 15

**Instructor:** Judy Busch

**Age:** 8 to 88+

**Mondays** 6:30 – 8:30 p.m. Sep 27 – Nov 15

**Location:** Room #3

### Mosaic Madness!!! \$35

Mosaics give you the opportunity to be creative and crafty. It is a simple-to-learn art form with ample room for personal style and design. Liven up a mirror, picture frame or decorate a stepping stone using this uniquely beautiful technique. Bring and friend and your imagination.

**Instructor:** Kalindi Gutierrez

**Age:** 15 to 115

Noon – 4 p.m.

Sat, Sep 18

Noon – 4 p.m.

Sat, Oct 23

Noon – 4 p.m.

Sat, Nov 13

**Fees:** \$35

**Location:** Room # 3



### Dog Obedience — Basic

This class will focus on home manners such as: “come,” “down,” “sit,” “stand,” and “stay,” and walking on a loose leash. Dogs must be at least 20 weeks old. The class is fast-moving, positive, and motivational. Please bring proof of current vaccinations the first night of class. Limit of one dog per student is required for the best training environment. Students under the age of 12 years old must get instructor’s permission before signing up for the class. Please bring the following to each class: a rug or a mat, paper towels, plastic bags, a small bag of dried dog food or small training treats, and your dog on a leash. Please do not feed your dog within the hour before class.

Min 4/Max 10

**Instructor:** Sarah Kahn

**Age:** 20 weeks & older

**Tuesdays** 7:30 – 8:30 p.m. Oct 5 – Nov 9

**Fees:** \$50

**Location:** Field next to Bathhouse Theater or Room #3

### Dog Obedience — Puppy

This is a class for puppies 8 – 20 weeks old as of the first day of class. Emphasis will be on preparing your puppy to live around people and other pets with an introduction to basic dog obedience. This is a fast-moving, positive, and motivating class. Vaccinations must be current and will be checked at the first class. Limit one dog per student. Students under the age 12 must get instructor’s permission before signing up for the class. Please bring the following to each class: a rug or a mat, paper towels, plastic bags, a small bag of dried dog food or small training treats, and your dog on a leash. Please do not feed your dog within the hour before class.

Min 4/Max 10

**Age:** 8 to 20 weeks old

**Tuesdays** 6:30 – 7:30 p.m. Oct 5 – Nov 9

**Fees:** \$50

**Location:** Field next to Bathhouse Theater

# Seattle Parks And Recreation Program Registration Form

## in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



**SEATTLE PARKS  
AND RECREATION**

### Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

### Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: \_\_\_\_\_  
Last First MI

Sex: Male Female  
(Circle One)

(ADULT) Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email Address: \_\_\_\_\_  
mm/dd/yyyy

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone - eve: (\_\_\_\_) \_\_\_\_\_ day: (\_\_\_\_) \_\_\_\_\_ other: (\_\_\_\_) \_\_\_\_\_

Family Emergency Contact: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Name Phone Relation

☐ **PARTICIPANT info differs from above. How does it differ?** \_\_\_\_\_

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 <sup>ST</sup> CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$	
<b>TOTAL</b>									

### How would you like to pay?

Person making payment \_\_\_\_\_  
(required for proper refunding)

**PLEASE INCLUDE  
PAYMENT**

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # \_\_\_\_\_

☐ Visa

☐ Mastercard

☐ American Express

Staff Use Only

Authorization (Ref#) \_\_\_\_\_

For  
mail-in  
only

Card #: \_\_\_\_\_ Expires: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Signature: \_\_\_\_\_

**ASSUMPTION OF RISK AND RELEASE:** I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**For Office Use Only:**



<b>Community Centers</b>		<b>Pools</b>			
Alki	684-7430	Ballard	684-4094	Ballard Little League	789-3288
Ballard	684-4093	Evans	684-4961	Ballfield Reservations	684-4082
Bitter Lake	684-7524	Madison	684-4979	Bats Northwest	256-0406
Delridge	684-7423	Meadowbrook	684-4989	Bathhouse Theater	524-1300
Garfield	684-4788	Medgar Evers	684-4766	Compliments/Complaints	684-4837
Garfield Teen Life Center	684-4550	Queen Anne	386-4282	Green Lake Library	684-7547
Green Lake	684-0780	Rainier Beach	386-1944	Green Lake 2020	781-8886
Hiawatha	684-7441	Southwest	684-7440	Green Lake	
High Point	684-7422	Colman (Summer only)	684-7494	Park Alliance	689-6266
Jefferson	684-7481	Mounger (Summer only)	684-4708	Handicapped Programs	684-4950
Langston Hughes Performing Arts Center	684-4757	<b>Environmental Learning Centers</b>		Meadowbrook Family Center	366-925
Laurelhurst	684-7529	Carkeek Park	684-0877	North Central	
Loyal Heights	684-4052	Camp Long	684-7434	Little League	706-9268
Magnolia	386-4235	Discovery Park	386-4236	Parking Enforcement	625-5011
Meadowbrook	684-7522	Seward Park	684-4396	Parks Information	684-4075
Miller	684-4753	<b>Boating</b>		North-End Cab	363-3333
Montlake	684-4736	Green Lake		PAWS	743-3845
Queen Anne	386-4240	Small Craft Center	684-4074	Picnic Reservations	684-4081
Rainier Beach	386-1925	Green Lake		Pitch & Putt Golf	632-2280
Rainier	386-1919	Boat Rental	527-0171	RUG Youth Baseball	523-8377
Ravenna-Eckstein	684-7534	Rowing & Sailing	386-1913	Senior Adult Programs	684-4951
Sand Point	684-4946	Boat Launch Permits	684-4075	Seattle Tennis Center	684-4764
South Park	684-7451	<b>Community Connections</b>		Wading Pool Hotline	684-7796
Southwest	684-7438	Animal Control	386-4254	Wild Bird Clinic	824-6249
Van Asselt	386-1921	Aquarium Info.	386-4320	Woodlawn Youth Soccer	632-1930
Yesler	386-1245	Arboretum	543-8800	Yellow Cab	622-6500
				Zoo information	684-4800

## **Northeast Senior Adult Program**

### **Class/Special Event Registration**

#### **Fall Quarter Dates**

October 4 – December 17 *No classes Nov 11, 25, or 26.*

#### **Class Registration Begins Sept 20.**

All class registrations will take place by mail unless otherwise noted. State the site/class/date you are paying for with your check. **Do NOT register for trips, cooking classes, or workshops by mail; they're "Phone-In" only.** Class and trip dates/times are subject to change.

#### **Class Payments**

Please make checks payable to **SAAC** and mail to Senior Adult Programs, ATTN: Stacie, 8061 Densmore Ave N, Seattle, WA 98103.

***We're sorry! At the time of printing, Senior Adult Fall Program information was not available. To request a copy of the Senior Adult Fall 2004 Program Brochure, please call Senior Adult Programs at 206-684-4951.***